



# NMCPHC QUICK HITS

## Readiness Resolutions



(U.S. Navy photo by MC2 Ryan Utah Kledzik)

The holiday hustle and bustle can often derail healthy eating and become a time of indulgence. While an extra piece of pie or that holiday cigar might not seem harmful at the time, each unhealthy decision can take add up creating a negative effect on your health and readiness. We have key resources that will help you set sights on your resolution and stay healthy all year long. Commit 2018 to your readiness and wellbeing!

### Caution: Readiness Road Block Ahead

Preventing injury and accidents in the [workplace](#) and [recreationally](#) are important factors to maintaining mission readiness. The number one reason for missed days of work for Sailors and Marines is soft tissue injuries from [sprains and strains](#). Protect yourself by [properly warming up](#) before physical activity, preventing cold and [heat stress injuries](#) and make [staying safe](#) not only a priority, but your readiness resolution!

### Minding your Mental Health

[Navigating your stress](#) and [increasing rest](#) are a great ways to keep your body and mind mission ready. Mitigating anxiety and [controlling your anger](#) before it controls you are two key ways to take care of your emotional health and wellbeing. Additionally, many view lack of or insufficient sleep as a way of life in the military. However, lack of [sleep](#) can negatively affect your health. While a full eight hours may not be possible while operational, [there are ways](#) to get the most out of the sleep you do get.

### Nix the Nicotine

Data shows us that active duty Sailors and Marines use tobacco at a higher rate than the adult civilian population for both smoking and smokeless tobacco. While [E-Cigarettes](#) or the occasional [cigar](#) are not thought to be harmful, data also shows us that [no form of tobacco is safe to use](#). Make 2018 the year you nix the nicotine! You can start your tobacco free journey [here](#).

### Watch Your BAC

Do you know if you are [drinking too much](#)? The extra calories consumed during a night out with friends can [add up quickly](#). More importantly, too much alcohol can lead to [dangerous consequences](#) for your health and readiness. The average cost of a taxi is \$10. The average cost of a [DUI](#) is \$10,000. Remember to watch your BAC (Blood Alcohol Content) and [keep what you've earned](#)!

### Working for the Weight

Maintaining a [healthy weight](#) is another great way to ensure your mission readiness. Sticking to a [healthy diet](#) and routine workout plan improves overall health while increasing resilience and preventing disease. There is no quick fix for getting fit; however, small changes can make a big difference. [Always eat breakfast](#), keep a healthy [mindset](#), and squeeze [additional activity](#) into your day to day routine outside of the gym. Be sure to [weigh the facts](#) and always check with your health care provider before starting any weight loss regimen.

### Additional Resources

- For additional healthy living resources, visit the Health Promotion and Wellness [webpage](#).

